

Appendix 1: Data extraction form

Participants	
Setting of recruitment and assessment	
Inclusion criteria (including assessment tools ; at higher fall risk versus unselected)	
Exclusion criteria	
Number of randomised subjects (Intervention)	
Number of randomised subjects (Control)	
% women	
Mean age (age range /SD)	
Intervention	
Type of exercise (ProFaNE categories)	
Moderate to high challenging balance component (Sherrington's definition)	
Mode of delivery (group / home / combination)	
Sessions frequency/duration	
Total programme duration	
Comparison group	
Adherence data	
Falls and injurious falls outcomes	
Definition of falls	
Rate ratio of (all) falls	
Rate of falls in control group	
Follow up period (for falls recording)	
Definitions of injurious falls (corresponding category classification)	
Data on injurious falls for each category (Rate/risk ratio, number of injurious falls/fallers in each group, person-time in each group)	
Bias assessment	
Random sequence generation	
Allocation concealment	
Blinding of falls and injurious falls ascertainment	
Attrition data	
Method of falls recording	
Method used to verify severe injurious falls	
Adverse events	